

Re: Carbs and Cholesterol.

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2006-05/msg00690.html>

- *From:* Matti Narkia <mna@xxxxxxxx>
 - *Date:* Thu, 25 May 2006 17:30:15 +0300
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On Thu, 25 May 2006 15:19:59 +0300, Matti Narkia <mna@xxxxxxxx> wrote:

On Thu, 25 May 2006 15:04:21 +0300, Matti Narkia <mna@xxxxxxxx> wrote:

On Wed, 24 May 2006 19:13:26 +0300, "Juhana Harju"
<shantigiriorama@xxxxxxxx> wrote:

And yes, I am aware that Cretans consume a huge amount of olive oil. I agree that consuming high amounts of olive oil is relatively safe but I don't think that it is ideal. Just consider the postprandial effect of high olive oil meals on arteries.

http://www.webmd.com/content/article/13/1728_55672.htm

This is a small preliminary study, which was not published, but presented at a meeting. But assuming that the results are real and repeatable, it seems that the bad thing is the absence of omega-3 fatty acids from the meal. Both canola oil and olive oil have high amount of monounsaturated fatty acids, mostly oleic acid, canola oil about 59-72% depending of the type of canola oil, and olive oil about 68-73%. The main difference is that canola oil has some omega-3 fatty acids, alpha-linolenic acid, and olive oil has practically none.

Also, it seems that the authors either knew or assumed, that bread could not be the reason for blood vessel constriction. Is that a fact or just their assumption? Whether it was or not, the omega-3s, still seemed to prevent the constriction, and olive oil does not have omega-3s.

The Cretan traditional diet contained large amount of alpha-linoleic acid from various sources, therefore the Cretans probably got also alpha-linolenic acid from almost every meal, which contained olive

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oil. Because they almost always got omega-3s with their omega-9s, the latter (or absence of omega-3s) probably did not harm them. Perhaps the phenolic compounds in olive oil gave to the Cretans instead some additional benefit?

Would be interesting to know whether the researchers in this study used extra vi